

## **Coping Power**

### **Brief Program Description**

Coping Power is delivered to moderate to high-risk children in the late elementary school and early middle school years. The program lasts from 15 to 18 months and includes an integrated set of child and parent components. Coping Power is based on an empirical model of risk factors for substance use, and addresses high-risk children's deficits in social competence, self-regulation, school bonding, and positive parental involvement. The Coping Power child component consists of 33 group sessions and periodic individual sessions, and is delivered in school-based settings. The Coping Power parent component consists of 16 group sessions and periodic home visits and individual contacts. Post-intervention results indicate that the program has had effects on reducing children's aggressive behavior and preventing their substance use.

### **Contact Information**

For indepth information on this program, please use the contact listed below.

#### **Program Developer**

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